



Community Health Resource Center

GLWACH

Volume I, Issue I

October 2006

Heads Up! CHRC Has Arrived

The Community Health Resource Center (CHRC) is a combination of Army Public Health Nursing and the Health Promotion Center. Together we provide health education and prevention services to meet the needs of our beneficiaries. Here is a listing of some of the classes we provide: Tobacco Cessation, Early pregnancy, Breathing Techniques, Breastfeeding, Self-Care and HIV Awareness. Did you know that we also have a Body Composition Scale? It is located in our resource library which includes hundreds of books and videos you may watch in the center or check out to take home to read at your leisure.

Come visit us: we're located on the first floor, down the hallway, past x-ray on the right, last door on the right.

Interested in more information?

Go to our website: <http://glwach.amedd.army.mil> then click on "GLWACH wellness opportunities", then click on the "2006 Wellness Calendar" to see the health awareness topic for that month. October's topic is: National Breast Cancer Awareness Month.

National Breast Cancer Awareness Month

In recognition of our awareness theme, we will provide an educational booth on October 20, 2006. This date is National Mammography Day. Be sure to stop by and visit. The location is the GLWACH lobby and the booth will be staffed by GLWACH x-ray, OB/GYN clinic, Primary Care-Red & CHRC. We will provide education on self breast exams and be available to answer any questions. Come to the lobby from 0900-1530 to get more information. Let's all wear pink in support of the day! Pass the word- Wear pink on October 20!

CHRC Welcomes New Staff

My name is SSG Irving Richardson. I'm a new member of the FLW family and I am looking forward to meeting and working with everyone that I possibly can. Although I am new to GLWACH, I have been associated with the military for more than twenty years. I have a long and wonderful career which has allowed me to serve in many

duty stations to include FT. Irwin, CA, and at the national training center, FT. Knox, KY. There I was assigned to various units, and to FT. Stewart, GA as part of the 24th Infantry Division. The above mentioned units were while I was an active duty soldier for which I spent ten years. I then chose to complete my military commitment in the Army Reserve.

Prior to joining the FT. Leonard Wood family I was assigned to the 5010th USAH, in Louisville, KY. I would like to say that I am happy to serve and proud to be a member of the team.

We are delighted to have you, SSG Richardson, as part of our team and welcome to Fort Leonard Wood!

Special points of interest:

- Introduction of Community Health Resource Center
- Welcome new staff
- What is an APHN?
- Health Tip of the Month

What is an APHN?

Army Public Health Nurses promote, protect, optimize, and preserve the health and abilities of Soldiers and military communities through delivery of the Public Health Essential Services to individuals, families, and groups.



Health Tip of the Month:

Be prepared.

In case of an emergency, create a plan for you and your family. Prepare an emergency kit for your home, car, and work. In the event of an emergency, listen for information. To learn more about what you can do, or to receive a free copy of "Family Safety Guide" visit the website: www.dhss.mo.gov or contact your public health department or CHRC.